

[file name]:

Wind - Feng - Talk – Lester Levenson The Sedona Method Release Technique - WeChat OCR Screenshots.pdf

WeChat Screenshots of Wind (Feng) describing the purity and simplicity of Releasing (Original Sedona Method as taught by Lester Levenson)

Concepts and Authors mentioned in this document:

Lester Levenson (The Sedona Method)

The Sedona Method by Lester Levenson

The Original 1992 Sedona Method Release Technique

Wind (Feng)

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (The Sedona Method , student of Lester Levenson)

Larry Crane - Lawrence Crane (The Release Technique , student of Lester Levenson)

David Hawkins MD PhD (author of book 'Letting go')

AGFLAP CAP (The Sedona Method Emotion Chart AGFLAP CAP)

Buddha

Yogananda

Jesus

PS. This document was translated (OCR) from Chinese to English, using DeepSeek in January 2026.

[File content image begin]

When we are at a loss and cannot decide which doctrine to accept, the Buddha clearly told us, the confused, in the Pali Canon's "Anguttara Nikaya 3.65 Kalama Sutta": do not immediately accept or believe anything, lest we become intellectual slaves of others (including the Buddha himself).

To this end, the Buddha summarized ten principles:

1. Do not believe something merely because it has been passed down by word of mouth or tradition.
2. Do not believe something merely because it is a long-established custom.
3. Do not believe something merely because it is widely rumored or spoken of.
4. Do not believe something merely because it is written in religious texts or scriptures.
5. Do not believe something merely because it is based on logic.
6. Do not believe something merely because it is based on philosophical reasoning.
7. Do not believe something merely because it accords with common sense or external inference.
8. Do not believe something merely because it aligns with your own preconceptions, viewpoints, or opinions.
9. Do not believe something merely because of the speaker's authority or credibility.
10. Do not believe something merely because he is a teacher or a master.

[File content end]

[File content image begin]

Lester Levenson - Keys to Ultimate Freedom - Book - Chapter One: Basic Goals (Happiness) and Methods of Attainment

Every single one of us in this world is seeking exactly the same thing.

Our only goal, in our seeking, is to find our own place. Yet what is the happiness we truly need in our search? A state of sustained happiness untarnished by any sorrow. If this is that shared goal, why? Because infinite potentiality is our most fundamental issue. This is the true natural state before we obstruct it with limitations. Now, why do most of us not possess this sorrowless happiness? There is only one reason: As infinite beings possessing infinite happiness, we harbor joy and bliss. Saying: "I am an individual, separate from all else." In order to make myself separate from myself and from everything, I must create some method to achieve it. The method is: my mind creates my body and the material world. Then I proceed, creating more and more thoughts. These thoughts create more and more material events, until the thoughts and the material entrap me and I forget my true identity as an infinite being.

"I am separate from everything." This initial thought necessarily creates a sense of lack.

[File content end]

[File content image begin]

腾讯翻译君

Hi Sanford. The foundation of both Larry Crane (Release Technique) and Hale Dwoskin's (The commercialized Sedona Method) approach...

Hi Sanford. The foundation of both Larry's and Hale's approaches is Lester Levenson's teachings. They are built upon the same basic process of letting go and releasing the limiting sense of self, which is based on our misunderstanding of lack. Their difference lies in that Larry focuses purely on letting go to reveal freedom, while Hale has opened up the teaching, acknowledging that we are already what we know, needing no techniques. However, Hale's method fully includes the same letting-go process as Larry's. But Hale has also added simply expanding this path to pure inquiry, which can

reveal our deepest nature, even observing these words. Come now. I hope this helps you. I greet you, David.

>> I respect your view on The Sedona Method, you seem very sincere. I have been working on it for over 5 years, during which I used Crane's method for about 10 months, then Dwoskin's for a year, and finally I used Seretan's program for two years, then I went back to Crane until about 2 months ago. (Crane and Seretan falsely claim to teach exactly the original method as Lester taught.) Over the past 5 years, I have made steady progress with this method, but it was very slow. I kept wondering how Lester achieved freedom in just 3 months. Recently, I became very frustrated, bought two Lester CDs, one from an album of his from the early 1980s, and one an interview about how he gained freedom while in his New York apartment. I listened to these for hours, and an important theme Lester gave me was the simplicity and speed of his program.... He said "it takes at most a few months to gain freedom." I committed to doing it as he taught, just like when he was gaining freedom in the New York loft. So I worked on it for two months. I was not successful in releasing (using Crane's method) as per his instructions for Lester, I released within minutes. If I had known, I could have achieved this in 6-9 months, instead of wasting time on the ways Crane, Dwoskin, and Seretan taught it. I see a lot of complaints about how The Sedona Method is stalled and sputtering. I realize they taught it incorrectly, essentially they changed the way it should be taught. This is shameful, and it's to get as much money as possible. How many people would be healed if they just used the correct way... With all respect for Lester Levenson ...
[File content end]

(Note: The translation continues the existing English text from the screenshot, which appears to be a mix of original English and parts already processed by "腾讯翻译君". The text after "恕我直言, 莱斯特从来没有进" is cut off in the provided content.)

[Wind's talk - Lester Levenson (The Sedona Method) - Screenshots WeChat content BEGIN]

===== Page 1 =====

Um, this is wanting to control

So trying too hard

When releasing, you are always releasing the part you are most aware of

Last night I tried very hard to release all night, gained nothing, but when I relaxed a bit I got some results

That is, what floats to the very surface

I was digging deep yesterday

You see, trying hard to release goes against the sixth step

You are trying to control

Absolutely 😂😂

So it won't happen

I only stopped this afternoon

Relaxed a bit

===== Page 2 =====

I noticed something

When stuck, you actually want to control

Wanting to control is what causes you to get stuck

But the way you try to get what you want is by using mental effort to fight against it

This is not "get everything by releasing only"

You are trying to do releasing using the way of worldly struggle

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 5:43 PM

So, as I released, I roughly understood the usage of the sixth step. I'll write this down later.

===== Page 3 [text layer] =====

(Empty/Image layer)

===== Page 4 =====

You cannot stay inside continuously

===== Page 5 =====

You are either going up or going down

===== Page 6 =====

5:21 PM

===== Page 7 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 8 [text layer] =====

(Empty/Image layer)

===== Page 9 =====

Group Chat
December 24, 2020

Wind (Wind Master)
13:12:32
It seems many people misunderstood what Lester said about 'hootless'

Star of Bethlehem
13:13:38
Wrong

Star of Bethlehem
13:14:57
In Lester's recordings, I've heard 'don't give a hoot', it's completely not the meaning of 'careless'

Wind (Wind Master)
13:16:45
If a person stops paying attention to something, the desire for it will disappear, and you will get it.

Wind (Wind Master)

13:17:07

This mind naturally stopping revolving around something is 'hootless'

===== Page 10 [text layer] =====

(Empty/Image layer)

===== Page 11 =====

October 30, 2020

Wind (Wind Master) 16:14:34

I touched the sense of separation underlying the fear of death

Wind (Wind Master) 16:14:54

I know I am nearing the end

Tian Cheng 16:14:59

Is it the sense of separation that leads to the desire for survival?

Wind (Wind Master) 16:15:20

Yes, it's this sense of separation of 'I exist as this body'

Wind (Wind Master) 16:15:40

Because you feel 'I am this body', that's why you want to survive, fear death

Tian Cheng 16:15:49

Hmm

Wind (Wind Master) 16:15:54 If you know you are infinite being, you won't have fear of death

Tian Cheng 16:16:00

Right

Wind (Wind Master) 16:16:14

But you don't need to deliberately release it

Wind (Wind Master) 16:16:29

When you completely release the fear of death, the sense of separation will also dissipate

Wind (Wind Master) 16:16:37

The entire mind quiets

Wind (Wind Master) 16:16:45
What remains is infinite being

===== Page 12 =====

Chapter One: Basic Goal and Method to Achieve It

— (One)

===== Page 13 =====

November 20, 2020

Wind (Wind Master)
22:05:54
I went deep into the last bit of limitation within

Tian Cheng
22:06:27
Is it the sense of separation?

Wind (Wind Master)
22:07:00
Yes, it's the sense of separation

Wind (Wind Master)
22:07:21
Then I kept just that tiny bit of fear of death that was enough to hold onto the sense of separation

===== Page 14 [text layer] =====

(Empty/Image layer)

===== Page 15 [text layer] =====

(Empty/Image layer)

===== Page 16 [text layer] =====

(Empty/Image layer)

===== Page 17 [text layer] =====

(Empty/Image layer)

===== Page 18 =====

===== Page 19 =====

0.

===== Page 20 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 21 =====

March 12, 2021

Wind

You have no reason not to use the Release Method

Wind

Whether moving towards awakening or getting a better world, it is the most efficient

Wind

Not only efficient, but also simple

Wind

Can't find a single reason not to use it

===== Page 22 =====

March 16, 2021

Wind

If you want freedom, go release; if you want the world, go release

Wind

It's that simple

Wind

If you want freedom, releasing is the only thing that can make you free

Wind

No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind

If you want a better world, releasing is the only thing that can give you a better world

Wind

No matter what action you take, every action is within the karma program, within driven reactions

Wind

Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 23 =====

December 31, 2020 to January 1, 2021

Minnie

Let's have a year-end summary

Wind

Year-end summary: 2020, completed the most important thing in a hundred million lifetimes.

Wind

January 1, 2021 00:07:34

===== Page 24 =====

October 30, 2020

Wind

Reaching the top is an absolute peace, undisturbed by anything

Wind

7:47 PM

It is freedom

Wind

7:48 PM

It is omniscient, omnipotent, omnipresent

Wind

7:48 PM

It is infinite being

Wind

7:48 PM

As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind

8:19 PM

Omniscient, omnipotent, omnipresent

Wind

8:19 PM

This is enlightenment

===== Page 25 =====

December 22, 2020

Wind

Regarding questions of the type "can I do xxx", I hope you remember a sentence from Lester

Wind

Every impossible, no matter how impossible, becomes immediately a possible, as you completely released on it.

Wind

Every impossibility, no matter how impossible, will immediately become possible, as long as you completely release on it.

===== Page 26 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 27 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect.
Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 28 [text layer] =====

(Empty/Image layer)

===== Page 29 [text layer] =====

(Empty/Image layer)

===== Page 30 [text layer] =====

(Empty/Image layer)

===== Page 31 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind

Whatever feelings arise are not important

Wind

The point is whether you want control, approval, or want safety/security

===== Page 32 =====

November 9, 2020

Wind

Continuous releasing is simple

Wind

Just release the three wants

Wind

Whatever feelings arise are not important

Wind

The point is whether you want control, approval, or want safety/security

===== Page 33 =====

November 9, 2020

Wind

Continuous releasing is simple

Wind

Just release the three wants

Wind

Whatever feelings arise are not important

Wind

The point is whether you want control, approval, or want safety/security

===== Page 34 =====

January 24, 2022

11:25:19

Just be aware of the present feeling and release

11:27:05

Don't do anything outside the six steps

11:28:11

Why is the six-step called a map, a navigation?

What is the biggest function of navigation?

To point out the correct direction to the destination, to check if one has deviated from the correct path.

11:35:21

Walking the six steps and releasing means all actions do not deviate from the six steps.

11:36:17

When you don't want to release, remind yourself of the first step

21:48:37

Continuous releasing, maintaining continuity, this is the fourth step

21:49:34

When stuck, release the wanting to control the stuckness, this is the fifth step

21:50:50

Each release feels more pleasant, lighter, this is the sixth step

21:51:16

Implement the six steps, keep doing it, it will gradually strengthen the motivation for freedom, thus completely achieving the first step.

===== Page 35 =====

11:42:12

At the beginning of releasing, we might think of mixing in other behaviors as aids to releasing, like practicing awareness, practicing insight, practicing meditation, etc. But with the six steps as a reminder, you know these are unnecessary. Lester summarized everything (needed after learning to release) (to reach ultimate freedom) in the six steps.

11:42:49

This is why Wind often says reaching freedom doesn't require anything outside the six steps.

11:45:23

Combining methods does not promote releasing; on the contrary, it only weakens the effect of releasing.

11:46:11

It's not like riding two horses at the same time gets you to the destination faster.

11:46:26

Keep it simple.

11:47:39

Learn the release process, then use the six steps to remind yourself often.

11:48:37

Be aware of the present feeling and release.

11:48:43

That's it.

===== Page 36 [text layer] =====

(Empty/Image layer)

===== Page 37 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 38 =====

October 21, 2020

Wind 11:39

I spent four years looking for materials

Wind 11:39

Also releasing at the same time

Wind 11:40

Later, after going abroad, I came into contact with Lester's later audio recordings and the 1992 course

Wind 11:40

Only then did I understand a concise, complete map

Wind 11:40

It is very clear, concise, powerful, a complete map to freedom

Wind 11:41

Especially Lester's later audio explanations of the Release Method

Wind 11:41

After learning the release process, everyone can focus on the 'The Way' series

Wind 11:41

That is Lester's direct teaching, it will clarify many issues

Wind 11:41

And also provide great encouragement

===== Page 39 =====

Wind 9:40 AM

Insight into the source of happiness will allow you to accomplish the first step

Wind 9:41 AM

After that, every one of your decisions will be inward, all freeing you from your bonds, moving towards your true being

Release Method Diamond Island

===== Page 40 [text layer] =====

(Empty/Image layer)

===== Page 41 =====

March 12, 2021

Wind 00:03:57

Just go do it

Wind 00:04:01

No need to shout slogans

Wind 00:04:14

Especially shouting slogans ‘ I want freedom ‘ in front of me, even more meaningless

Wind 00:04:16

Wind 00:04:24

I can know your tendencies

Wind 00:04:36

Can you talk about it?

Tian Cheng (Tian Cheng) 00:04:43

What tendencies?

Wind 00:04:44

No need to say

Wind 00:04:49

You just release yourself

00:05:05

I have a tendency to talk but not do

Tian Cheng (Tian Cheng) 00:05:14

I discovered that myself, been like this for many years

Tian Cheng (Tian Cheng) 00:05:23

Only talk, no action

Wind 00:05:24

That's why I said no need to shout slogans

00:05:29

In front of me, don't repeat those words anymore

Wind 00:05:56

If you want to do it, just go do it

Wind 00:05:59

Helping, teaching, washing Diamond Island

===== Page 42 =====

Group Chat

February 22, 2021

Wu 10:57:50

During your releasing process, the mind is hindering you

Wu 10:58:01

Its content, the things you presuppose

****Wu** 10:58:33**

Even, how long you think you'll need to release

****Wu** 10:58:45**

This thought itself is hindering you

****Wu** 10:59:04**

Just do this release well

****Wu** 10:59:23**

No need to presuppose this release can release everything

****Wu** 10:59:29**

Or how many times can release everything

****Wu** 10:59:35**

Just release, then see what happens

****Wu** 10:59:48**

Don't hurry, enjoy the process of each release

****Wu** 11:00:01**

Continuously use the release process

****Wu** 11:00:33**

Those you feel are hard to release, it's the mind telling you it's hard

****Wu** 11:00:44**

Don't pay attention to the mind, directly use the process

****Wu** 11:01:11**

Those you feel are simple, trivial and thus ignore, it's the mind telling you it's trivial

****Wu** 11:01:20**

Also don't pay attention to the mind, directly use the process

****Wu** 11:01:49**

Sometimes you see a feeling, you think it's not the main one

****Wu** 11:02:04**

You want to release that "main" one

****Wu** 11:02:15**

Want to finish quickly

****Wu** 11:02:22**

And this is very important

****Wu** 11:03:03**

Those judgments by the mind that this one is more main, that one is more main have no basis

****Wu** 11:04:00**

The one that surfaces is the important one

****Wu** 11:04:22**

If you suppress it, you are living in the mind

****Wu** 11:04:45**

You are using the mind to presuppose what you need to release

****Wu** 11:04:54**

Including how many times, how long

****Wu** 11:05:05**

When truly releasing, you don't need to do this

****Wu** 11:05:19**

Retain the possibility of releasing everything in one go

===== Page 43 =====

February 22, 2021

Rayna 11:05:22

What about bodily sensations? Will they disappear later? When reaching CPA, will it get better?
Or if not free, will it follow me for life?

Wind 11:05:35

What feelings do you have about bodily sensations?

Wind 11:05:40

Do you want to control them?

Wind 11:05:44

Want to change them?

Wind 11:05:49

Just release this

Wind 11:06:05

If bodily sensations are bothering you, release this bother

Wind 11:06:10

Use releasing to solve the problem

Wind 11:08:52

Imagine releasing a long-standing habit completely in just a few releases?

Wind 11:09:05

But often it is like this

Wind 11:09:35

It's within minutes, not a long entanglement

Wind 11:16:31

You see in the video it's just minutes

Wind 11:17:51

If it takes too long, that's entanglement, suppression, not releasing

===== Page 44 =====

===== Page 45 =====

===== Page 46 [text layer] =====

(Empty/Image layer)

===== Page 47 [text layer] =====

(Empty/Image layer)

===== Page 48 =====

October 3, 2020

Wind

Process for Releasing Emotions

Step One: Allow yourself to feel the present feeling, and trace it back to the emotional state (apathy, grief, fear, craving, anger, pride/arrogance)

Step Two:

Ask yourself, can you let this feeling go?

Are you willing?

When?

Step Three: See what feeling you have now, and repeat the previous process

===== Page 49 =====

Wind 13:45:58

Process for Releasing Desires

Step One: Allow yourself to feel the present feeling

Step Two: Notice if it comes from wanting approval or wanting control

Step Three: Can you be aware of this wanting control (or wanting approval)?

Can you let it go?

Step Five: Do you have any remaining wanting control (or wanting approval)?

Can you be more aware of it?

Can you let it go?

Repeat awareness and release until you are completely free.

Wind 13:46:09

Just now someone in the neighboring group asked about the basic process

Wind 13:46:21

I summarized the video content a bit

Wind 13:46:30

The guidance in the video is like this

Wind 13:46:44

This process can be used as a reference

===== Page 50 =====

3:37 PM

Emotions are the entry point, letting you learn to release. Workbook

The final summary of the course is: release three wants only

****Wind****

Only release the three great desires

****Wind****

3:37 PM

****Wind****

Lester's some explanations on the Release Method

****Wind****

We first enter the conscious level, release control, approval.

And those other things you try to release, like fear—

You know, you'll spend hundreds of thousands of lifetimes releasing fear, after that you'll still have anger, you'll still have other emotions. But when you release the wanting to control, everything underneath it is all released.

Then when you release the wanting security, you release all wanting for approval and control, and everything underneath them. You are too low now to attack wanting security. You are overwhelmed, you are terrified by death, so you let it run you. But when you release a considerable amount of control and approval, you have the ability to face the fear of death.

****Wind****

If you release emotions, it takes thousands of lifetimes to clean one type

****Wind****

Releasing desires is the method to reach the end within one or two months

****Wind****

Only then can you enter the high efficiency of the Release Method

===== Page 51 =====

July 26, 2021

Wind

Course videos, workbook, when you need to use them, pick them up and use them

Wind

But, in the end, you only need the six steps

Wind

When you only need this one tool, the six steps, you are on the way

===== Page 52 =====

March 14, 2021

Tian Cheng

Teacher, can you talk about your path to success?

Wind
Six steps

Tian Cheng
Why could you do it? And so many people can't?

Wind
Six steps

Wind
Because you need other things, and I only need the six steps

Wind
Throughout the entire process, I only looked at the six steps

Wind
I don't need anything outside the six steps

Wind
If I were to say the secret to success, this is it.

===== Page 53 [text layer] =====

(Empty/Image layer)

===== Page 54 =====

December 25, 2020

Wind
First of all, those who come to Earth, this advanced classroom, themselves have very good karma

Wind
Because they want freedom, they come to the advanced classroom

Wind
Then, among those who become human here, many are here to experience pain and pleasure

Wind
After gathering enough experience, they will turn inward

Wind

After turning inward, due to the effect of still having strong tendencies towards the world, they will encounter some similar pseudo-paths that satisfy their minds

Wind

You need very good karma to encounter the true method

Wind

And after encountering the true method, you need a strong tendency for freedom to recognize it and persist

Wind

So reaching this step indeed requires very, very good karma

===== Page 55 =====

March 16, 2021

Wind 20:29:20 If you want freedom, go release; if you want the world, go release

Wind 20:29:23 It's that simple

Wind 20:29:40 If you want freedom, releasing is the only thing that can make you free

Wind 20:30:08 No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind 20:30:26 If you want a better world, releasing is the only thing that can give you a better world

Wind 20:31:26 No matter what action you take, every action is within the karma program, within driven reactions

Wind 20:31:44 Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 56 =====

March 12, 2021

Wind

You have no reason not to use the Release Method

Wind

Whether moving towards awakening or getting a better world, it is the most efficient

Wind

Not only efficient, but also simple

Wind

Can't find a single reason not to use it

===== Page 57 =====

Wind 10:53:26

There is no free will in worldly living.

Wind 10:53:39

Note, there is no free will in worldly life

Wind 10:54:55

Only one thing has free will, choosing to identify with your body or with infinite being

Wind 10:57:50

Trying hard to earn money won't make you richer, trying hard to study won't make your grades better, trying hard to maintain health won't make you healthier

Wind 10:57:57

Understand, these are all predetermined

Wind 10:58:11

Only undoing the program is useful

Wind 11:33:58

Wanting to change something through action is just a delusion of people, completely useless

Wind 11:34:09

However, most people don't understand this

Wind 11:34:48

Karma drives action, and your action trying to change karma is also driven by karma

Wind 11:36:34

Jack Ma, Bill Gates don't know why they made money or lost money, their summaries of their success experience are merely guesses after seeing the surface phenomenon

===== Page 58 =====

January 13, 2021

Wind 08:58 Back then I spent a long time finding the feeling of releasing for the first time

Wind 08:58 The Release Method suits everyone

Wind 08:59 Simply practice, then you'll get it

Wind 08:59 At that time I also spent a long time finding the feeling of releasing

Wind 08:59 Because I analyzed too much

Wind 08:59 The less you analyze, keep relaxed, just use it, the faster you learn

===== Page 59 =====

21:09:35

My suggestion is don't explore, directly use the process

Wind 21:09:53

If you don't feel anything the first time, do a second time

Wind 21:10:01

This will be faster

Wind 21:10:11

Using the mind to explore will actually take many detours

Wind 21:10:17

Because the mind can only play back past experiences

===== Page 60 =====

Wind 21:13:47

Yes, as Lester said, you need to release enough wanting control and approval

Wind 21:14:19

Don't just watch, follow along and practice

Wind 21:17:34

When a desire is brought up, it is released

Wind 21:18:23

If not, you go back to the beginning of the process

Wind 21:18:37

Relax the body, re-feel it

Wind 21:18:54

Identify what desire it is, let it go

Wind 21:19:09

Keep it simple and relaxed, repeated practice will let you master it

Wind 21:19:21

Thinking and analyzing will make it harder and harder for you to release

Wind 21:19:30

Because the mind only plays back past experiences

===== Page 61 =====

Wind November 7th 23:54:38

You release first

Wind November 7th 23:54:48

Releasing isn't about difficulty

Wind November 7th 23:54:55

It's about whether you do it, do it a few times

Wind November 7th 23:55:02

If you can do it once, you can do it a second time

Wind November 7th 23:55:10

Then a third time, fourth time

===== Page 62 =====

Keep doing it, and you will release it completely

===== Page 63 =====

Wind November 7th 23:57:33 So the difficulty lies in you not doing it

===== Page 64 =====

1. "I can't" means I don't do it.

2. "I can't do it", it's just this thought that stops you from doing it.
3. Those who think they can't do it, actually don't want to do it.
4. As long as you hurry up and do it, it will happen.
5. Wishing and trying are useless, you must act!
6. Don't just try, just go do it!

——Lester Levenson《The Keys to Freedom》.

===== Page 65 =====

Releasing isn't that hard 😊

We are just used to suppressing, that's why we think releasing is so hard

If you make releasing a habit, you'll feel suppressing is what requires effort

Before that, just keep deciding to go release

===== Page 66 =====

18:32:44

Wind

Make up your mind to do it, to try releasing

Wind

Disappointment even despair is also just a feeling

Wind

As long as it's a feeling, it can be released, and after being released, the attitude is completely different from before

Wind

If you are used to suppressing, you'll need to spend more time to undo the habit of suppression

Wind

Practice releasing more, this will also be fast

===== Page 67 =====

18:32:44

Wind

Make up your mind to do it, to try releasing

Wind

Disappointment even despair is also just a feeling

Wind

As long as it's a feeling, it can be released, and after being released, the attitude is completely different from before

Wind

If you are used to suppressing, you'll need to spend more time to undo the habit of suppression

Wind

Practice releasing more, this will also be fast

===== Page 68 =====

Xiang Xuan 22:06:28

When I don't want to release, reminding the first step, I have no feeling, on the contrary reminding myself that I want to change myself, I want everything to get better, gives me more motivation

Wind 22:07:31

That works too

Wind 22:07:49

Releasing can make you more free

Wind 22:07:53

Freedom includes everything

Wind 22:08:02

Just providing motivation to release is enough

Wind 22:12:27

Wanting approval develops into wanting control

Wind 22:15:34

When you feel wanting approval, you need to release wanting approval

Wind 22:15:45

After releasing wanting control, wanting approval becomes obvious

Wind 22:16:03

After releasing enough wanting approval and wanting control, wanting security becomes obvious

Wind 22:16:27

If you don't release wanting security, wanting approval and control will be developed again, endlessly

===== Page 69 =====

Wind 22:16:42

So only continuously release wanting control and approval, then continuously release wanting security

Wind 22:16:48

Only then can you reach the end

Wind 22:18:05

Implement the six steps, everyone can be free

Hui Xuan 22:19:07

Keep releasing continuously, then you are always within the six steps, and you will be free

Wind 22:19:22

Yes

Hui Xuan 22:20:20

As long as you are within the six steps, it's continuous releasing, can it be understood this way too?

Wind 22:21:47

Yes

Wind 22:21:53

Use the six steps to check

Wind 22:22:03

As long as you are within the six steps, you can be free

===== Page 70 =====

March 12, 2021

Wind 09:33:30 Don't use slogans to judge a person's tendencies

Tian Cheng 09:33:43 Right, shouting slogans is useless

Wind 09:36:08 Clean the three great desires

Tian Cheng 09:36:39 Hmm

===== Page 71 =====

Wind 2020-10-15 12:24:48

Release wanting to control, and you won't suppress the fear of death anymore

It will surface for you to release

Lester said, release the mind, and what remains is infinite being

It's that simple

The mind is nothing else, it's the collection of your feelings and thoughts

Wanting control, approval, security (survival)

The three great desires

Lester sometimes uses fear of death to talk about wanting survival

It's the same meaning

Wanting to change is also a type of wanting control

So just release three things

Wanting control, approval, wanting survival (fear of death)

===== Page 72 =====

Wind 13:31:09

Running all night forcing yourself, leaving groups, shouting slogans, that's useless

Wind 13:31:20

Because that's trying to use action to remove karma

Wind 13:31:32

This merely creates new karma

Wind 13:31:42

Only releasing is useful

Wind 13:32:14

If you don't release, your program will continuously drive you to do those things

Wind 13:32:36

Therefore, don't think any action you take can bring you freedom

Wind 13:32:48

Deliberate action, deliberate non-action

Wind 13:32:57

Those are not what need attention

===== Page 73 =====

March 16, 2021

Wind

Unless you release those programmatic drives

Wind

If you don't release, it will continuously drive you to tidy up

Wind

All brilliance, all creativity, comes from infinite being

Wind

The mind is a mechanical program, only repeats

Wind

Perhaps it can be said, a person free from the mind's programs truly begins to live

Wind

Before that, just a constantly driven robot

===== Page 74 =====

Consciously use the process to do it

Wind

Use feeling more

Wind

Use less mental analysis

Wind

This will also make your releasing easier

Wind

Of course, it will also be deeper

Wind

Many people feel their releasing is really good precisely because they haven't experienced deeper releasing

Wind

They think releasing is just like that

===== Page 75 =====

July 26, 2021

Wind 17:11:08 When you allow deeper garbage to come out, your emotions will go down

Wind 17:11:13 But that's good

Wind 17:11:20 That's facing deeper garbage

Wind 17:13:08 Process, release process

Wind 17:13:46 Let the feeling come out, categorize it as wanting control or wanting approval, then let it go out

===== Page 76 =====

November 17, 2020

Wind 18:52:49

Rely on the six steps

Wind 18:53:12

Start from the six steps, end with the six steps

Wind 18:53:31

Use your gains to confirm your direction

Wind 18:54:18

Continuous releasing becomes your "task", that's not good

Wind 18:54:31

Continuous releasing is because each release has benefits

Wind 18:54:56

This is what the sixth step says, each release is lighter, happier

Wind 18:55:14

You feel good, so continue releasing

Wind 18:57:02

If you just force yourself to release, you'll stop

Wind 18:57:09

You can't continue

Wind 18:57:20

Because you are simultaneously suppressing your desires for the world

===== Page 77 =====

Wind 18:57:54

My method is I keep confirming my gains, and my direction

Wind 18:59:17

For example, she just now wanted to listen to music, what did she want to get from the music?

Wind 18:59:27

Then can this be obtained from releasing?

Wind 18:59:33

Can we try it?

Wind 19:00:02

Continuously confirming your gains can let you maintain continuous releasing

Wind 19:00:35

If you say "I can, I must release, I can't listen to music", this won't work, because a direction in your subconscious is to listen to music, and you've suppressed it in

Wind 19:00:48

Your conscious and subconscious are pulling against each other

Wind 19:00:56

If you don't look at it, this won't succeed

===== Page 78 =====

Wind 19:01:46

You actually don't need to enjoy anything

Wind 19:02:13

you don't need enjoy anything, be joy!

Wind 19:04:16

Write down the possibilities you think can bring happiness

Wind 19:04:27

Where do you think there is happiness

Wind 19:04:35

Not rational

Wind 19:04:46

It's where you actually seek happiness

Wind 19:05:10

If you suppress these desires, you cannot possibly accomplish the first step

Wind 19:08:29

You can force yourself to do homework and work, but you can't force yourself to release

Wind 19:08:31



Wind 19:09:58

Let me elaborate on Lester's favorite teaching, get everything by releasing only

Wind 19:12:53

What do you want? How are you prepared to get it? Why not get it through releasing?

Wind 19:13:02

This is the way you practice

Wind 19:13:11

You choose to release

===== Page 79 =====

19:13:54

Wind

Sometimes you might do other things all afternoon, not releasing

Wind

19:14:10

That's because the subconscious is seeking something

Wind

19:14:25

You have no way to force yourself to release

Wind

19:15:11

You need to see what you are seeking, and ask yourself "Can I get it from releasing?", see which way is easier, more relaxed, more joyful

Wind

19:15:17

Thus choose releasing

Wind

19:15:47

This is why I say successful experience is important

Wind

19:15:51

You need to gain benefits first

Wind

19:16:12

Without benefits you won't do it, this is your mind

Wind

19:16:38

It will try every way to avoid releasing, resist releasing

Wind

19:18:34

I remember I said before, valuing the sixth step truly let me step into continuous releasing

===== Page 80 =====

16:36:42

When you release to the point where "the only source of happiness is infinite being" becomes your complete experience, you will naturally stop the action of seeking happiness anywhere in the world

16:36:56

At this time your flow changes, you will automatically enter Sahaja Samadhi

16:37:08

Once you enter you won't come out again

16:37:30

Won't regress

16:37:37

Because the seeds of the path back have no power anymore

16:43:42

Implement the six steps

16:43:51

This way you can get all happiness from within

16:45:28

Or turn direction by achieving goals through releasing

16:45:39

get everything by releasing only

16:45:47

This can also keep you walking on the six steps

===== Page 81 =====

October 30, 2020

Wind

Go use this method

Wind

Release wanting control and approval, release those programs covering over the "fear of death"

Wind

Then allow the "fear of death" to surface, release it completely

Wind

At first, you are releasing the programs of wanting control and approval

Wind

You are just releasing these two kinds of programs

Wind

When you release, those feelings, those thousands of thoughts about the body disappear

Wind

When you release the deepest fear of death, your entire mind disappears

Wind

Your sense of separation will dissipate, what remains is infinite being

Wind

You will naturally identify as infinite being

Wind



===== Page 82 =====

March 13, 2021

Wind

The most complete map is the six steps themselves

Wind

The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind

That is what Lester said:

release all feelings, your mind quiet, that's it

Wind

If you want a complete map, that's the six steps

Wind

Accomplish each step, and you succeed

Wind

You don't need anything else, you just need to remind yourself to keep it simple

Wind

When you complicate it, you are heading towards failure

Wind

Because you are moving towards accumulating mind, which is the opposite of releasing

Wind

More simplified is that sentence from Lester:

Release all feelings, your mind quiets, and you are there.

18:43:27

18:51:58

18:52:30

18:52:51

18:53:07

18:53:41

18:53:56

18:54:07

18:55:58

18:56:12

===== Page 83 =====

March 11, 2021

Wind 15:34:09 Implement the six steps, it's simple

Wind 15:34:23 Maintaining limitation is difficult

Wind 15:34:33 See the feeling, let it go

Wind 15:34:54 Empty all feelings that drive your thinking

Wind 15:34:57 That's it

===== Page 84 =====

March 14, 2021

Wind
Implement the six steps

Wind
When I say this, actually I mean, when you still need other things, it's impossible to be free

===== Page 85 =====

January 2, 2021

Wind
In the Release Method, implementing the six steps can reach the end

Wind
Not implementing the six steps cannot reach the end

Wind
Do it, or don't

Wind
Just like Lester's final words to Ralph

Wind
You either do it, or you don't
I hope you do it

Wind
Simple, or impossible

===== Page 86 =====

December 31, 2020

Wind 21:21:46

Within the six steps, you can release continuously

Wind 21:22:01

Outside the six steps, you will stop

Wind 21:22:19

Keep it by your side, remind yourself constantly

Wind 21:23:04

Continuous is not stopping

Wind 21:23:06

You might not understand now, because you are trying hard to release

Wind 21:23:33

But when releasing becomes your norm, releasing is as natural as breathing

Wind 21:24:24

As long as you decide to reach freedom, feelings will continuously float up, float out

Wind 21:28:12

Everything you need to know at the knowledge level is within the six steps

Wind 21:28:47

Use it to the utmost

Wind 21:28:58

This method is extremely efficient

===== Page 87 [text layer] =====

(Empty/Image layer)

===== Page 88 =====

Wind 22:57:44

If you drag this process out very long, then you are definitely not within the six steps

Wind 22:58:39

Lester told you, one release equals months of meditation

Wind 22:58:45

One release only takes a few seconds

Wind 22:58:58

You only need a few seconds to equal months of meditation

Wind 22:59:11

This method is extremely efficient

Wind 23:00:21

You can look at the six steps to know if you are within them

Wind 23:00:46

If you are within the six steps, your releasing will be continuous, and pleasure will continuously increase

Wind 23:02:00

Make the decision for freedom

Wind 23:02:13

Decide not to stop until you reach freedom

===== Page 89 =====

16:56:15 The reason my releasing effect is good really has only one reason

Wind 16:56:23

That is, I conformed to the six steps

Wind 16:56:30

I understood this method

Wind 16:56:39

As long as you also use this method, it's the same effect

Wind 16:56:46

There's no personal talent here

===== Page 90 =====

16:59:41 There's one slightly special thing about me, which is my memory is very good

Wind

After I experience something, I can immediately find the corresponding original words Lester said

Wind

Therefore I don't use my own words to describe experiences

Wind

But rely on Lester's teachings

===== Page 91 [text layer] =====

(Empty/Image layer)

===== Page 92 =====

March 11, 2021

Wind 18:29:09 If you truly want freedom, implement the six steps

Wind 18:30:31 Don't feed your mind anymore

Wind 18:30:44 My leaving is the greatest support

Wind 18:31:13 If you need an external master, you will never discover the infinite within

Wind 18:31:31 Release, it will bring you all paths

Tian Cheng 18:33:02 Implementing the six steps for a month, really can it be done?

Wind 18:33:42 Of course

Tian Cheng 18:34:16 Okay.

Tian Cheng 18:35:43 Wind 18:36:12 Good luck

Tian Cheng 18:36:30

===== Page 93 =====

Wind 18:36:35 I love you very much, but dependence is fatal to growth

Wind

18:36:58

Hope after I leave, you won't rely on those words or other things anymore

Wind

18:37:13

But go directly to the end

===== Page 94 =====

22:22:30

When you seek help externally, that's an opportunity

Wind 22:22:40 Be aware of it, release

Wind 22:22:51 Find everything you want within

Wind 22:23:05 Absolute safety only exists in your infinite being

Wind 22:23:51 Among all help, there is no better help than destroying all your props

Wind 22:25:20 Lester Levenson told me the world would "knock out his props", so everyone is forced to seek answers within. "That's good," he said. "Not an explosion, but an ascent," he laughed. Currently, people always use various escape methods provided by the world to seek happiness externally. Ultimately when external escapes are endless, he predicted, we will be forced to move within. "This is really a good thing," he said, "because people will be forced to find the answer, know who they truly are, just like me." He always told me he was especially thankful for his heart attack.

Wind 22:26:00 When all external escape methods are knocked out, you will be forced to go within

===== Page 95 =====

Wind 22:26:34

Don't wait until a gun is pointed at your head to do it

Wind 22:27:29

You all know yourselves very clearly

Wind 22:27:51

Though not that deeply, but you will know your own behaviors

Wind 22:28:06

If you have dependence, you will cling

Wind 22:28:31

If you depend on the external, you won't discover the infinite within

Wind 22:28:37

These things are all very simple

Wind 22:29:01

Me, as someone who has attained ultimate freedom, cannot be here

Wind 22:31:31

The Release Method as a self-reliant method doesn't have that many problems

Wind 22:31:42

All problems arise when you deviate from the six steps

Wind 22:32:00

Therefore, either you return to the six steps and continue releasing, or you move towards limitation

===== Page 96 =====

Wind 22:26:34

Don't wait until a gun is pointed at your head to do it

Wind 22:27:29

You all know yourselves very clearly

Wind 22:27:51

Though not that deeply, but you will know your own behaviors

Wind 22:28:06

If you have dependence, you will cling

Wind 22:28:31

If you depend on the external, you won't discover the infinite within

Wind 22:28:37

These things are all very simple

Wind 22:29:01

Me, as someone who has attained ultimate freedom, cannot be here

Wind 22:31:31

The Release Method as a self-reliant method doesn't have that many problems

Wind 22:31:42

All problems arise when you deviate from the six steps

Wind 22:32:00

Therefore, either you return to the six steps and continue releasing, or you move towards limitation

===== Page 97 =====

15:19:05

Rely on yourself, rely on the truth/dharma, rely on nothing else.

15:19:15

Rely on yourself comes first

15:19:19

You must rely on yourself

15:19:27

Oh my god

15:19:40

So self-reliance is important

15:20:23

Actually there is no method that relies on others for achievement

===== Page 98 =====

It's not wanting to be fast, you can only rely on yourself

Wind

But you can only rely on yourself to reach the end

Wind

That step can only be taken by yourself

===== Page 99 =====

Wind 3:27 PM

What Buddha said about relying on the Dharma is not relying on a method

Wind 3:27 PM

'Dhamma' means relying on the truth

Star of Bethlehem 3:27 PM

Refers to what?

Wind 3:28 PM

Reality

Wind 3:28 PM

Rely on yourself, rely on universal truth, besides that rely on nothing else

Wind 3:28 PM

Rely on yourself, rely on the truth/dharma, rely on nothing else.

Wind 3:28 PM

Buddha's final teachings

Star of Bethlehem 3:29 PM

Indeed it's Buddha

===== Page 100 =====

Wind 9:53 AM

Now all masters are paying attention to those practicing the Release Method

Wind 9:53 AM

Because this is the only method for this era

Wind 9:54 AM

Other methods cannot guarantee you reach the end in this lifetime

Wind 16:37:37

You are originally free, just obscured by the mind

Wind 16:37:44

Freedom is not creating something

Wind 16:37:51

Just ending the illusion

Wind 16:40:15

If you truly want freedom, Lester will infuse you (* refers to infusing inspiration to practice the Release Method)

Wind 16:40:37

I'm not joking, Lester has been supporting this work all along

Wind 16:40:56

He is supporting everyone using the Release Method

===== Page 101 =====

November 20, 2020

Tian Cheng

I'd like to ask you for advice

Tian Cheng

How can I move towards freedom more quickly?

Wind

Continuously use it, use it to the utmost

Wind

I can't give better advice

Wind

I strongly suggest you use it on every matter

Wind

Utilize those goals

Wind

Utilize continuously gaining to promote your releasing

Wind

To enhance the motivation for releasing

Wind

If you get used to using it on every one of your goals,
you will soon reach that place

===== Page 102 =====

December 22, 2020

Wind

Regarding questions of the type "can I do xxx", I hope you remember a sentence from Lester

Wind

Every impossible, no matter how impossible, become immediately a possible, as you completely released on it.

Wind

Every impossibility, no matter how impossible, will immediately become possible, as long as you completely release on it.

===== Page 103 =====

July 26, 2021

Feng Lin Feng Hua

When stuck, release the feeling of wanting to change, now I know I want to change, release wanting to change, but no progress, so just keep releasing wanting to change (wanting control)? Keep asking?

Wind

No

Wind

You don't need to always ask yourself questions

Wind

Questions are a teaching method, at the end of the course, if you master this method, he will tell you the six steps

Wind

Why does the course tell you the six steps at the end?

Wind

Because, before you learn to release, these words are just words to you

Wind

And after you learn, you have already experienced those

Wind

Therefore, you don't need any extra explanations to explain the six steps

===== Page 104 =====

===== Page 105 =====

21:01:24 It's what I posted today, just re-learn it every time

Wind

Actually the six steps also serve this purpose

Wind

Don't let words obscure its true meaning

I am infinite

You say it's vague again

Wind

Lester also thought you would get vague

Wind

So at the very end, the last two years before leaving, he summarized three

Wind

Those three are a further condensation of the six steps

===== Page 106 =====

Carry out these three things and you will quickly reach Imperturbability.

1. Release only the three wants.
2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.
3. Make it a Do It Yourself Tool.

You now have all you need to go all the way to imperturbability.

===== Page 107 =====

March 17, 2021

Tian Cheng

Teacher, does this mean, if I attain ultimate freedom, I also cannot stay in the world?

Wind

Up to you to decide

Wind

Freedom is freedom

Wind

No compulsiveness

Tian Cheng
Can I still stay with my family?

Wind
Of course

Tian Cheng
I see I'm fearing freedom, afraid after freedom I will lose my family

Wind
There are quite a few householder masters

Wind
Masters can even be kings

===== Page 108 =====

Tian Cheng 00:47:35
So after freedom, masters still live with family?

Wind 00:47:39
For example, William the Conqueror

Wind 00:48:08
Krishna demonstrated the householder master

Wind 00:48:23
You won't lose your family, won't lose your dear world

Tian Cheng 00:48:32
In this era, masters must be reclusive

Wind 00:48:55
Reclusive means not being known as a master

Wind 00:49:08
Reclusive doesn't mean you must retreat to mountains and forests

Wind 00:49:19
Living in the world like an ordinary person is also a type of reclusion

===== Page 109 =====

November 7, 2020

Wind

Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D

Of course I want freedom

Wind

So compared to controlling these feelings, you want freedom more?

D

Yes

Wind

Can you let go of the wanting to control it?

D

Stuck

Wind

Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

===== Page 110 =====

November 7, 2020

Wind

Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D

Of course I want freedom

Wind

So compared to controlling these feelings, you want freedom more?

D

Yes

Wind

Can you let go of the wanting to control it?

D
Stuck

Wind
Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

===== Page 111 =====

18:13
Want freedom

D 18:14 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 112 =====

2. 2. 2. 2. 2. 2. 2.

===== Page 113 =====

July 26, 2021

New Time
After asking 'Can you let it go?', is answering 'can' or 'cannot' more beneficial for releasing, or is answering or not irrelevant, doesn't affect?

Wind
At the end of the course, questions are asked very little

Wind
Questions are tools

Wind

When you need to use them, of course, pick them up and use them

Wind

But when you become aware of a desire and it's already released, why do you still look everywhere for tools?

Wind



New Time
Understood

===== Page 114 =====

October 31, 2020

Wind

Most things will happen according to your wanting

Wind

When you move to acceptance and even peace, almost nothing is impossible

Wind

Of course, when you reach so-called imperturbability, this ultimate peace undisturbed, you are omniscient, omnipotent, omnipresent

Wind

Your "wanting" will weaken, your "deciding to have" will increase

Wind

Release "wanting", and you will feel having

Wind

When you release all wanting, you will feel you possess the whole universe

Wind

At this time if you want to accomplish something, it's like picking up a water cup on the table

Wind

How strong a "wanting" do you need to pick up your own water cup?

===== Page 115 =====

No need, you just need to decide to pick it up

Wind

Release "wanting", let the whole world become your water cup

Wind

When you want to pick up, you can casually pick it up

Wind

At this time, you won't want to save, because everything is yours, what are you saving?

Wind

You will only create it when needed

===== Page 116 =====

Wind 10:45 PM

Basic desires drive emotions, nine types of emotions drive hundreds of feelings, feelings drive thousands of thoughts

Wind

10:46 PM

Wanting survival is the root, wanting approval and control are the trunk, emotions are the branches, feelings are the small branches, thoughts are the leaves

Wind

10:47 PM

If you cut leaf by leaf, when will you finish?

Wind

10:47 PM

Wind

10:47 PM

So this is just about efficiency

Wind

10:48 PM

Lester said, if you release the nine emotional categories, like releasing fear, it will take thousands of lifetimes

Wind
10:48 PM

That's just one type of emotion

Wind
10:48 PM

If you release thoughts, multiply those thousands of lifetimes by millions of times

===== Page 117 [text layer] =====

(Empty/Image layer)

===== Page 118 =====

March 13, 2021

@Wind When reaching a high point, keep continuing and continuing, charge forward nonstop, is it possible not to experience a low point, can directly charge to Nirbija Samadhi?

Wind 01:45:53 So-called low point is heavy emotions

Wind 01:46:21 When you reach a high point, you invite the fear of death to surface, that's a very heavy feeling

Wind 01:46:58 Lester describes it as a roller coaster

Wind 01:47:12 When you go higher, you can also let lower feelings surface

Wind 01:47:25 Each time you will soar high, then low

Wind 01:47:35 Each low point is an opportunity to soar even higher

Wind 01:47:58 Until you fall down, only to land in your infinite being

 01:48:19

Tian Cheng 01:48:27 So that's how it is

===== Page 119 =====

Wind 01:48:54
That's because you can't soar higher anymore

Wind 01:49:03

Low points are also released completely

Tian Cheng 01:49:59

Are low points manifested as being stuck?

Wind 01:50:04

Being stuck is you wanting to control only

Wind 01:50:15

Low point is heavy feelings

Wind 01:50:24

You allow them to surface, allow them to leave

Wind 01:50:27

Then you won't get stuck

Wind 01:50:34

If stuck, you release wanting to control

Wind 01:50:37

It's that simple

Tian Cheng 01:50:50

Are heavy feelings the fear of death?

Wind 01:51:12

Every feeling is heavy

===== Page 120 =====

March 17, 2021

Big Yellow Cat

Teacher Wind, before your freedom, each day 24 hours, roughly how many hours were you in a releasing state?

Wind

Actually as long as you spend over 50% of your waking hours releasing, you'll find the inertia of releasing gradually becomes greater than suppressing

Wind

Then, you will continuously release

Wind

You will release very naturally

Wind

Releasing becomes the norm like breathing

Wind

Will reach twenty-four hours

===== Page 121 =====

Big Yellow Cat 20:18:15

Hmm, now when awake, I can basically be aware of feelings anytime. It's just releasing, when alone, I can be in releasing, once interacting with people, basically I get carried away

Wind 20:19:03

Now need to consciously release

Big Yellow Cat 20:19:19

When interacting with people, how to both maintain interaction and not interrupt releasing?

Wind 20:20:02

You can do releasing specifically for it when no one is around

Wind 20:20:15

"I allow myself to release when interacting with people"

Wind 20:20:24

Release all feelings about this goal

Wind 20:20:30

Until you are sure you can do it

Big Yellow Cat 20:21:54

Okay 👍👍👍

===== Page 122 =====

If you feel there's a problem, there must be a desire

Suppression means wanting control is operating

Release wanting control, then you don't suppress

Underneath, wanting approval and wanting survival will surface

But if you don't release the deeper wanting approval and wanting survival, wanting control will continuously be developed

So, continuous releasing is key

Let releasing happen again and again

One after another

Touching deeper, deeper

Just let it float up and leave

If there's wanting to change, release wanting to change

If released enough, it will be like Lester said "floats up and floats out"

Like waves continuously being released out

This retreat floated for two days

High beyond belief

Being able to use the six steps is advancement

Aley's advanced course is also just repeatedly talking about how to practice the six steps

===== Page 123 =====

Unmoving Mind 19:45:18

===== Page 124 =====

Wind floats up and out

===== Page 125 =====

Like waves surfacing then leaving

Wind

After releasing to a later stage, the momentum will be very strong, as long as you make a decision to release, it will carry you along

Wind

You don't need to operate hard like before

===== Page 126 =====

Continuous releasing, is not you holding a concept of continuous releasing

Wind 15:05:37 Continuous releasing means, you do one release, experience internal liberation, then release again

Wind 15:05:49 This rhythm is completely up to you

Wind 15:06:17 After releasing wanting approval about one thing, you can ask yourself "Is there more?" to continue releasing

Wind 15:06:49 Also feel your current feeling, ask yourself "Is it wanting control or wanting approval?" to continue releasing

Wind 15:07:27 Of course if you find you want to hold the feeling, don't want to release, you can also ask yourself "Is this wanting control?" to continue releasing

Wind 15:08:09 If, at this time, you want to do something else, then of course you can also choose to release about that thing

Wind 15:08:53 Feel it, what do I want to get through that thing, is it wanting control or wanting approval? Or wanting security?

Wind 15:09:04 These are all ways for you to continue releasing

===== Page 127 =====

Wind 11:26:41

Because if you try hard to find the feeling there, that's wanting control

Wind 11:26:48

If you want control, then you won't get control

Wind 11:26:52

It's that simple

Wind 11:28:19

So, it's simple, when you suppress heavily, just feel this vague unclear feeling

Wind 11:28:29

Release your wanting to change this vague unclear feeling

Wind 11:28:49

When wanting to change is released, you can feel your present feeling more clearly

Wind 11:29:03

This really doesn't require effort to feel

===== Page 128 =====

Wind 11:26:41

Because if you try hard to find the feeling there, that's wanting control

Wind 11:26:48

If you want control, then you won't get control

Wind 11:26:52

It's that simple

Wind 11:28:19

So, it's simple, when you suppress heavily, just feel this vague unclear feeling

Wind 11:28:29

Release your wanting to change this vague unclear feeling

Wind 11:28:49

When wanting to change is released, you can feel your present feeling more clearly

Wind 11:29:03

This really doesn't require effort to feel

===== Page 129 =====

Wind 11:29:09

If not clear, then feel not clear

Wind 11:29:19

And notice you want to change not being clear

Wind 11:29:29

Release it, and it automatically becomes clear

Wind 11:30:07

Don't try to use extra techniques outside the process to handle issues encountered within the process

Wind 11:30:18

The release process itself can handle all situations

Wind 11:30:49

Including "can't feel emotions", including "vague unclear", including "stuck", including "confused"

Wind 11:31:06

These can all be resolved after proceeding with the release process

Wind 11:31:17

No need for any preparatory practice

Wind 11:31:20

Just practice the process itself

===== Page 130 =====

March 17, 2021

Wind

Even if you hold things from Lester, Yogananda and other certified masters to read, as long as you deviate from the six steps, you still cannot be free

Wind

What I give is a simplified answer, implement the six steps, go to the end

Wind

In the future if someone or a high spirit appears before you, says he is free, what do you care about him?

Wind

You have the six steps

Wind

Even if he is a master you don't need him

Wind

Continue using the Release Method until the end

===== Page 131 =====

October 22, 2020

Wind

I once became aware of the thoughts of the entire universe

Wind

Hard to describe

Wind

The most important part is I became aware of three bodies

Wind

I saw when we release desires, that "causal" body is changing

Wind

Let me explain this experience

Wind

The initial body is when your desire arises, it immediately creates a cause, you identify with that body

Wind

Hmm, I immediately found the correspondence from what Lester said, that's the causal body

Then

Causal, astral, physical body

===== Page 132 =====

Wind 6:25 PM

But when the cause seeks an object to satisfy it, with a slight delay, a body completely made of light is produced

Wind 6:25 PM

This body is completely produced when you visualize it upon having a desire

Wind 6:26 PM

This process is almost the process of your thought arising

Wind 6:26 PM

Then there's up and down, front and back, paired thoughts follow one after another

Wind 6:27 PM

Those continuously developing thoughts accumulate together, feelings from light to heavy

Wind 6:27 PM

Heavy feelings accumulate a series of connections, relationships, intricate cause and effect

Wind 6:27 PM

Light begins to solidify

Wind 6:28 PM

It uses this image of the light body as a blueprint to construct the physical body I now identify with

Wind 6:28 PM

I really experienced these in an instant

===== Page 133 =====

Wind 6:30 PM

For example, why is our material world so sluggish?

Wind

Because creation is delayed

Wind

Because you cannot recognize the mind is the cause, so you imagined all those causal connections

===== Page 134 =====

Wind 6:32 PM

But what is the cause?

Wind 6:33 PM

The cause really is just the basic desires we often talk about

Ice Purple 6:33 PM

Mind programs

Minnie 6:33 PM

Three great desires

Wind 6:34 PM

You created a lack

Wind 6:34 PM

That lack was not immediately filled

Wind 6:35 PM

So it developed everything that followed

===== Page 135 =====

When that lack is released, from the cause, truly everything ends

===== Page 136 =====

March 17, 2021

Tian Cheng 11:57:47

Samadhi, actually what does it mean?

Wind 11:58:50

Samadhi is the state of oneness with the infinite

Wind 11:59:01

Even if you glimpse it once, you have entered samadhi

Wind 11:59:17

But before it there are desire realm and many levels of dhyana

Tian Cheng 11:59:29

That is to say, entering samadhi you can know everything?

Wind 11:59:43

Many people understand some shallow experiences as samadhi

Tian Cheng 11:59:47

All knowledge? About anything?

Wind 11:59:58

The moment you enter samadhi, you are omniscient

Wind 12:00:07

Only when you fall out, you forget

But if it's Nirbija Samadhi, you will never lose it, nor exit

Tian Cheng 12:00:56
Hmm

===== Page 137 =====

October 30, 2020

Wind
Reaching the top is an absolute peace, undisturbed by anything

Wind
7:47 PM
It is freedom

Wind
7:48 PM
It is omniscient, omnipotent, omnipresent

Wind
7:48 PM
It is infinite being

Wind
7:48 PM
As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind
8:19 PM
Omniscient, omnipotent, omnipresent

Wind
8:19 PM
This is enlightenment

===== Page 138 =====

Um, this is wanting to control

So trying too hard

When releasing, you are always releasing the part you are most aware of

Last night I tried very hard to release all night, gained nothing, but when I relaxed a bit I got some results

That is, what floats to the very surface

I was digging deep yesterday

You see, trying hard to release goes against the sixth step

You are trying to control

Absolutely 😂😂

So it won't happen

I only stopped this afternoon

Relaxed a bit

===== Page 139 =====

I noticed something

When stuck, you actually want to control

Wanting to control is what causes you to get stuck

But the way you try to get what you want is by using mental effort to fight against it

This is not "get everything by releasing only"

You are trying to do releasing using the way of worldly struggle

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 5:43 PM

So, as I released, I roughly understood the usage of the sixth step. I'll write this down later.

===== Page 140 =====

He has his own created, material amusement park

===== Page 141 =====

You cannot stay inside continuously

===== Page 142 [text layer] =====

(Empty/Image layer)

===== Page 143 =====

Mike if you continue, you won't be in this state

===== Page 144 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 145 =====

What I mean is, in that state, you can dematerialize (dissolve) the body and then rematerialize (reshape) it.

===== Page 146 =====

Group Chat
December 24, 2020

Wind (Wind Master)
13:12:32
It seems many people misunderstood what Lester said about 'hottless'

Star of Bethlehem
13:13:38
Wrong

Star of Bethlehem
13:14:57
In Lester's recordings, I've heard 'don't give a hoot', it's completely not the meaning of 'careless'

Wind (Wind Master)
13:16:45
If a person stops paying attention to something, the desire for it will disappear, and you will get it.

Wind (Wind Master)

13:17:07

This mind naturally stopping revolving around something is 'hooting'

===== Page 147 [text layer] =====

(Empty/Image layer)

===== Page 148 =====

October 30, 2020

Wind (Wind Master) 16:14:34

I touched the sense of separation underlying the fear of death

Wind (Wind Master) 16:14:54

I know I am nearing the end

Tian Cheng 16:14:59

Is it the sense of separation that leads to the desire for survival?

Wind (Wind Master) 16:15:20

Yes, it's this sense of separation of 'I exist as this body'

Wind (Wind Master) 16:15:40

Because you feel 'I am this body', that's why you want to survive, fear death

Tian Cheng 16:15:49

Hmm

Wind (Wind Master) 16:15:54 If you know you are infinite being, you won't have fear of death

Tian Cheng 16:16:00

Right

Wind (Wind Master) 16:16:14

But you don't need to deliberately release it

Wind (Wind Master) 16:16:29

When you completely release the fear of death, the sense of separation will also dissipate

Wind (Wind Master) 16:16:37

The entire mind quiets

Wind (Wind Master) 16:16:45

What remains is infinite being

===== Page 149 =====

Chapter One: Basic Goal and Method to Achieve It

— (One)

===== Page 150 =====

November 20, 2020

Wind (Wind Master)

22:05:54

I went deep into the last bit of limitation within

Tian Cheng

22:06:27

Is it the sense of separation?

Wind (Wind Master)

22:07:00

Yes, it's the sense of separation

Wind (Wind Master)

22:07:21

Then I kept just that tiny bit of fear of death that was enough to hold onto the sense of separation

===== Page 151 [text layer] =====

(Empty/Image layer)

===== Page 152 [text layer] =====

(Empty/Image layer)

===== Page 153 [text layer] =====

(Empty/Image layer)

===== Page 154 [text layer] =====

(Empty/Image layer)

===== Page 155 [text layer] =====

(Empty/Image layer)

===== Page 156 [text layer] =====

(Empty/Image layer)

===== Page 157 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:14 This demonstrates the usage of the first step

D 18:14 It left

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 158 =====

March 12, 2021

Wind

You have no reason not to use the Release Method

Wind

Whether moving towards awakening or getting a better world, it is the most efficient

Wind

Not only efficient, but also simple

Wind

Can't find a single reason not to use it

===== Page 159 =====

March 16, 2021

Wind

If you want freedom, go release; if you want the world, go release

Wind

It's that simple

Wind

If you want freedom, releasing is the only thing that can make you free

Wind

No matter how much you talk about freedom, it won't get you there, studying topics about freedom won't make you free

Wind

If you want a better world, releasing is the only thing that can give you a better world

Wind

No matter what action you take, every action is within the karma program, within driven reactions

Wind

Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 160 =====

December 31, 2020 to January 1, 2021

Minnie

Let's have a year-end summary

Wind

Year-end summary: 2020, completed the most important thing in a hundred million lifetimes.

Wind

January 1, 2021 00:07:34

===== Page 161 =====

October 30, 2020

Wind

Reaching the top is an absolute peace, undisturbed by anything

Wind

7:47 PM

It is freedom

Wind

7:48 PM

It is omniscient, omnipotent, omnipresent

Wind

7:48 PM

It is infinite being

Wind

7:48 PM

As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the top

Wind

8:19 PM

Omniscient, omnipotent, omnipresent

Wind

8:19 PM

This is enlightenment

===== Page 162 =====

===== Page 163 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 164 =====

March 13, 2021

Wind 18:43:27 The most complete map is the six steps themselves

Wind 18:51:58 The six steps are already the least simplified; they take care of every aspect. Because they can be even more simplified

Wind 18:52:30 That is what Lester said: release all feelings, your mind quiets, that's it

Wind 18:52:51 If you want a complete map, that's the six steps

Wind 18:53:07 Accomplish each step, and you succeed

Wind 18:53:41 You don't need anything else, you just need to remind yourself to keep it simple

Wind 18:53:56 When you complicate it, you are heading towards failure

Wind 18:54:07 Because you are moving towards accumulating mind, which is the opposite of releasing

Wind 18:55:58 More simplified is that sentence from Lester

Wind 18:56:12 Release all feelings, your mind quiets, and you are there.

===== Page 165 [text layer] =====

(Empty/Image layer)

===== Page 166 [text layer] =====

(Empty/Image layer)

===== Page 167 [text layer] =====

(Empty/Image layer)

===== Page 168 =====

November 9, 2020

Wind
Continuous releasing is simple

Wind
Just release the three wants

Wind
Whatever feelings arise are not important

Wind
The point is whether you want control, approval, or want safety/security

===== Page 169 =====

November 9, 2020

Wind

Continuous releasing is simple

Wind

Just release the three wants

Wind

Whatever feelings arise are not important

Wind

The point is whether you want control, approval, or want safety/security

===== Page 170 =====

November 9, 2020

Wind

Continuous releasing is simple

Wind

Just release the three wants

Wind

Whatever feelings arise are not important

Wind

The point is whether you want control, approval, or want safety/security

===== Page 171 [text layer] =====

(Empty/Image layer)

===== Page 172 =====

11:42:12

At the beginning of releasing, we might think of mixing in other behaviors as aids to releasing, like practicing awareness, practicing insight, practicing meditation, etc. But with the six steps as a reminder, you know these are unnecessary. Lester summarized everything (needed after learning to release) (to reach ultimate freedom) in the six steps.

11:42:49

This is why Wind often says reaching freedom doesn't require anything outside the six steps.

11:45:23

Combining methods does not promote releasing; on the contrary, it only weakens the effect of releasing.

11:46:11

It's not like riding two horses at the same time gets you to the destination faster.

11:46:26

Keep it simple.

11:47:39

Learn the release process, then use the six steps to remind yourself often.

11:48:37

Be aware of the present feeling and release.

11:48:43

That's it.

===== Page 173 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

Wind 18:14 Has it left?

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

D 18:14 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

Wind 18:18 If you are unwilling to release, use the first step

===== Page 174 =====

November 7, 2020

Wind 18:07 Now, are you more willing to get stuck in wanting to control these, or more willing to release them and be free from them?

D 18:07 Of course I want freedom

Wind 18:08 So compared to controlling these feelings, you want freedom more?

D 18:09 Yes

Wind 18:10 Can you let go of the wanting to control it?

D 18:12 Stuck

Wind 18:13 Do you want to keep controlling this stuckness, fighting with it to the end, or do you want freedom?

D 18:13 Want freedom

D 18:13 Released

Wind 18:14 Now can you see this wanting to control?

D 18:14 Has it left?

D 18:14 It left

Wind 18:14 This demonstrates the usage of the first step

D 18:14 It left

Wind 18:16 This demonstrates the usage of the first step

Wind 18:16 Six-step first step

Wind 18:17 If you get stuck, use the fifth step

===== Page 175 =====

October 21, 2020

Wind 11:39

I spent four years looking for materials

Wind 11:39

Also releasing at the same time

Wind 11:40

Later, after going abroad, I came into contact with Lester's later audio recordings and the 1992 course

Wind 11:40

Only then did I understand a concise, complete map

Wind 11:40

It is very clear, concise, powerful, a complete map to freedom

Wind 11:41

Especially Lester's later audio explanations of the Release Method

Wind 11:41

After learning the release process, everyone can focus on the 'The Way' series

Wind 11:41

That is Lester's direct teaching, it will clarify many issues

Wind 11:41

And also provide great encouragement

===== Page 176 =====

Wind 9:40 AM

Insight into the source of happiness will allow you to accomplish the first step

Wind 9:41 AM

After that, every one of your decisions will be inward, all freeing you from your bonds, moving towards your true being

Release Method Diamond Island

===== Page 177 [text layer] =====

(Empty/Image layer)

===== Page 178 =====

March 12, 2021

Wind 00:03:57

****Just go do it****

Wind 00:04:01

****No need to shout slogans****

Wind 00:04:14

****Especially shouting slogans in front of me, even more meaningless****

Wind 00:04:16

Wind 00:04:24

****I can know your tendencies****

Wind 00:04:36

****Can you talk about it?****

Tian Cheng (Tian Cheng) 00:04:43

****What tendencies?****

Wind 00:04:44

****No need to say****

Wind 00:04:49

****You just release yourself****

Wind 00:05:05

****I have a tendency to talk but not do****

Tian Cheng (Tian Cheng) 00:05:14

****I discovered that myself, been like this for many years****

Tian Cheng (Tian Cheng) 00:05:23

****Only talk, no action****

Wind 00:05:24

****That's why I said no need to shout slogans****

00:05:29

****In front of me, don't repeat those words anymore****

Wind 00:05:56

****If you want to do it, just go do it****

Wind 00:05:59

Helping, teaching, washing Diamond Island

===== Page 179 =====

Group Chat
February 22, 2021

****Wu** 10:57:50**

During your releasing process, the mind is hindering you

****Wu** 10:58:01**

Its content, the things you presuppose

****Wu** 10:58:33**

Even, how long you think you'll need to release

****Wu** 10:58:45**

This thought itself is hindering you

****Wu** 10:59:04**

Just do this release well

****Wu** 10:59:23**

No need to presuppose this release can release everything

****Wu** 10:59:29**

Or how many times can release everything

****Wu** 10:59:35**

Just release, then see what happens

****Wu** 10:59:48**

Don't hurry, enjoy the process of each release

****Wu** 11:00:01**

Continuously use the release process

****Wu** 11:00:33**

Those you feel are hard to release, it's the mind telling you it's hard

****Wu** 11:00:44**

Don't pay attention to the mind, directly use the process

****Wu** 11:01:11**

Those you feel are simple, trivial and thus ignore, it's the mind telling you it's trivial

****Wu** 11:01:20**

Also don't pay attention to the mind, directly use the process

****Wu** 11:01:49**

Sometimes you see a feeling, you think it's not the main one

Wu 11:02:04

You want to release that "main" one

Wu 11:02:15

Want to finish quickly

Wu 11:02:22

And this is very important

Wu 11:03:03

Those judgments by the mind that this one is more main, that one is more main have no basis

Wu 11:04:00

The one that surfaces is the important one

Wu 11:04:22

If you suppress it, you are living in the mind

Wu 11:04:45

You are using the mind to presuppose what you need to release

Wu 11:04:54

Including how many times, how long

Wu 11:05:05

When truly releasing, you don't need to do this

Wu 11:05:19

Retain the possibility of releasing everything in one go

===== Page 180 =====

February 22, 2021

Rayna 11:05:22

What about bodily sensations? Will they disappear later? When reaching CAP (AGFLAP CAP emotion chart) , will it get better? Or if not free, will it follow me for life?

Wind 11:05:35

What feelings do you have about bodily sensations?

Wind 11:05:40

Do you want to control them?

Wind 11:05:44

Want to change them?

Wind 11:05:49

Just release this

Wind 11:06:05

If bodily sensations are bothering you, release this bother

Wind 11:06:10

Use releasing to solve the problem

Wind 11:08:52

Imagine releasing a long-standing habit completely in just a few releases?

Wind 11:09:05

But often it is like this

Wind 11:09:35

It's within minutes, not a long entanglement

Wind 11:16:31

You see in the video it's just minutes

Wind 11:17:51

If it takes too long, that's entanglement, suppression, not releasing

[Wind's talk - Lester Levenson (The Sedona Method) - Summary content end]